



*The VA San Diego Healthcare System (VASDHS) provides a wide range of comprehensive in-patient and outpatient health services at the medical center in La Jolla and at the five Community Based Outpatient Clinics (CBOC's) located in Chula Vista (South Bay), Mission Valley, Imperial Valley, Oceanside, and Escondido.*

From Warrior to Soul Mate is sponsored by the VA San Diego Healthcare System, using the PAIRS Essential Curriculum. Funding is provided by the VA Office of Patient Centered Care & Cultural Transformation.



**VA**  
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CARE | Defining  
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in the 21st Century

3350 La Jolla Village Drive  
San Diego, CA 92161

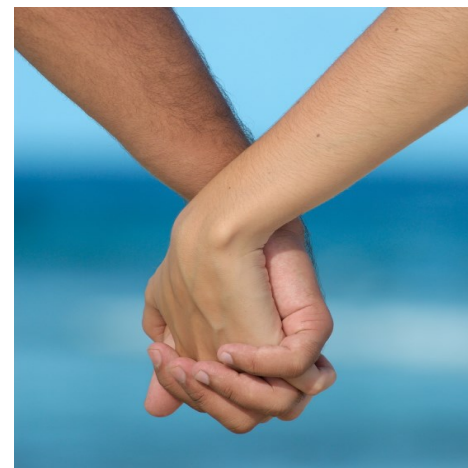
Phone: 858-642-3660  
Fax: 858-404-8360  
E-mail: [Twila.Rosonet@va.gov](mailto:Twila.Rosonet@va.gov)

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**W2SM**  
Warrior to Soul Mate  
Renew - Reconnect

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VA San Diego Healthcare System



***Reclaiming Your Relationship***

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**Telephone: (858) 642-3660**

## TESTIMONIALS

*"The program as a whole has given my spouse and I the tools to start again. To replenish our love, respect and understanding for one another that has become sooo very lost and buried under a lot of other things got in the way and almost ended our family. I truly believe that without this retreat and gaining these tools my marriage would not last. These tools are going to be essential to me and my spouse for our new relationship and life together."*



*"This program has given me a new hope that things between me and my husband can actually work. It will require time and patience but at least now I have the tools to fight for my marriage and my family."*

# W2SM

## Warrior to Soul Mate Renew - Reconnect

Reclaim your relationship after military service

- Learn Healthy communications skills
- Make struggling relationship better and good relationships great

**Independent research has shown the following benefits:**

- Restored and revitalized relationships
- Higher levels of satisfaction
- Reduced symptoms of distress and anxiety
- Greater commitment to shared vision
- Increased resilience for marriages, families and relationships.

**Apply today:**

- Mar 27-29, 2015 *(subject to availability)*
  - April 10-12, 2015 *(subject to availability)*
  - July 17-19, 2015 *(subject to availability)*
  - August 7-9, 2015 *(subject to availability)*
  - Sept 18-20, 2015 *(subject to availability)*
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- The weekend retreat runs from 4:00pm on Friday to late afternoon Sunday.
  - Retreats are **FREE** of charge for qualifying Veterans and their significant others, including weekend hotel and meals.
  - Space is limited, so please contact **Twila Rosonet** today for more information on the application process.
  - Phone: (858)642-3660



*"The VA has taken on the task of helping veterans learn coping skills in their relationships through effective communication skills and exercises. The VA is not afraid to recognize the need to address how PTSD affects couples, and the Warrior to Soul Mate program is a safe place to express what many couples were unable to do at home. I believe these tools can help strengthen and save a relationship by teaching couples how to really open up and communicate positively."*

